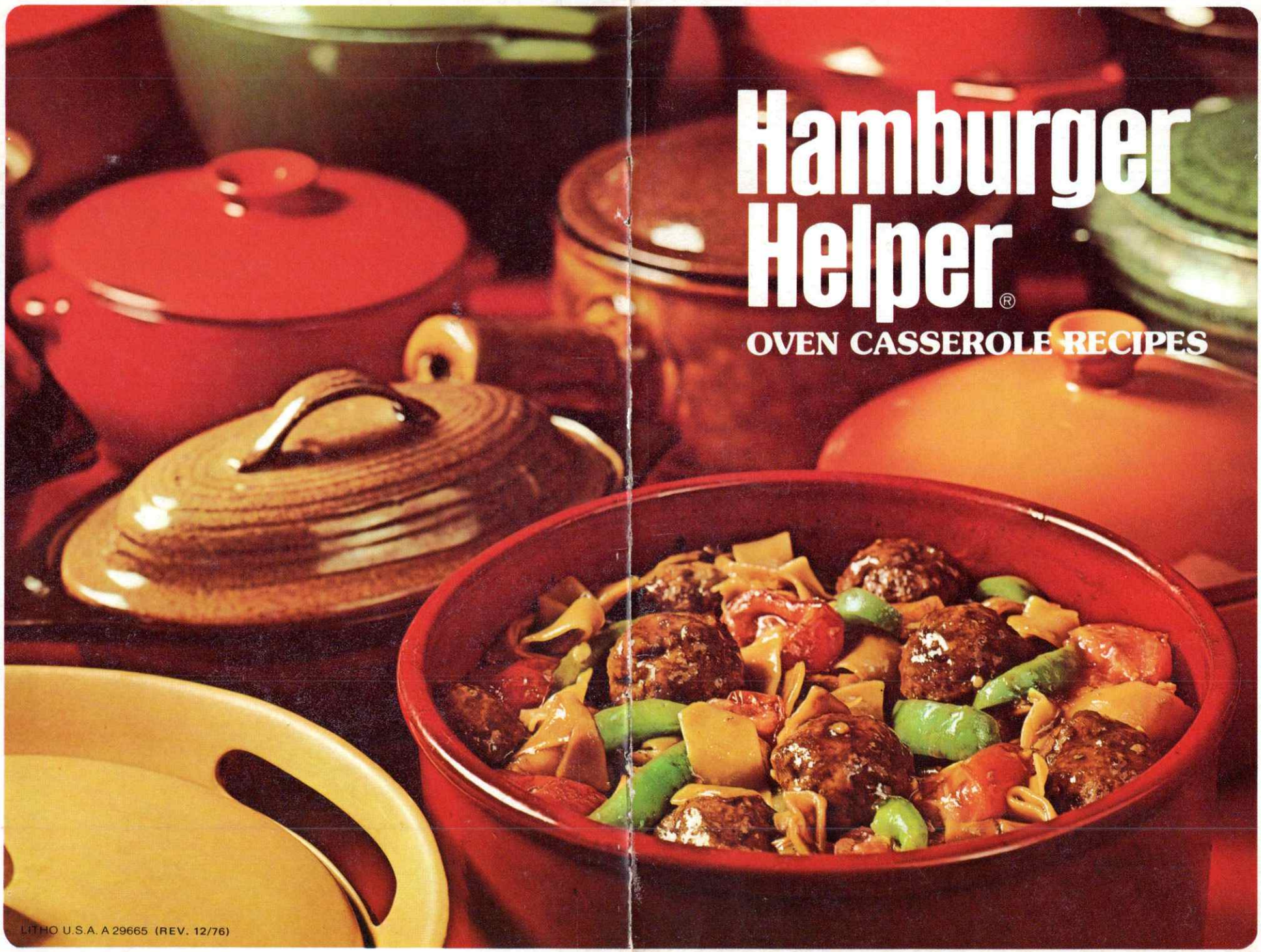

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What's that cooking in the oven that smells so delicious? Surprise — it's Hamburger Helper®

That's right! America's number one skillet dish can now make excitingly different, hearty oven casseroles, too.

You'll find recipes on the package backs of all nine flavors, as well as 27 imaginative, appetizing recipes in this cookbooklet. Each one begins with only a pound of ground beef and a package of Hamburger Helper main dish mix. Just add a few simple ingredients like ripe, red tomato slices, green pepper, mushrooms or pineapple chunks. Follow the simple directions, and let your oven do the cooking while you stay out of the kitchen.

So easy, so delicious — these are just the kind of hearty oven casseroles that families and guests, too, *really like.* We know, because every recipe was first developed and carefully tested in the Betty Crocker Kitchens, then tested again and approved by families in their homes the country over.

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Betty Crocker

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Hamburger Helper
MACARONI AND CHEESE SAUCE MIX
ADD TO 1 LB. HAMBURGER
NOW! Makes exciting new oven casseroles too!
FOR CHILI TOMATO
Hamburger Helper
MACARONI, TOMATO SAUCE MIX WITH CHILI SEASONING
ADD TO 1 LB. HAMBURGER
NOW! Makes exciting new oven casseroles too!

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Hamburger Helper Oven Casserole Recipe Index

BEEF NOODLE
Beef Oriental. . . . 13
Beef Stroganoff Casserole. . . . 12
California Garden Casserole. . . . 12
Hamburger-Green Bean Deep Dish. . . . 13

CHEESEBURGER MACARONI
Hot Cheeseburger Salad. . . . 5
Layered Cheeseburger Casserole. . . . 6
Spinach Burger Bake. . . . 6
Triple Cheese Burger Casserole. . . . 5

CHILI TOMATO
Chili Pot Pie. . . . 8
Saucy Bean Bake. . . . 9
Savory Stuffed Peppers. . . . 9
Texas Chili with Corn Bread Topping. . . . 9

HAMBURGER HASH
Hamburger-Green Pepper Hash. . . . 22

HAMBURGER PIZZA DISH
Cheese 'n Mushroom Pizza Casserole. . . . 16
Hamburger Pizza Oven Stew. . . . 16
Meat Pie in Macaroni Crust. . . . 16

HAMBURGER STEW
Golden Cheese Meat Pie. . . . 15
Hamburger-Cabbage Stew with Biscuit Topping. . . . 15
Meatball-Tomato Casserole. . . . 15

LASAGNE
Italiano Casserole. . . . 11
Lasagne Meat Pie 11
Minestrone Casserole. . . . 11

POTATO STROGANOFF
Hamburger Potato Pie. . . . 19
Mock Moussaka. . . . 19
Oven German Potato Salad. . . . 19

RICE ORIENTAL
Chow Mein Hot Dish. . . . 20
Sweet 'n Sour Hamburger Casserole. . . . 20

HAMBURGER HASH

Hamburger-Green Pepper Hash

1 pound ground beef
1 package **Hamburger Helper** mix for hamburger hash
3 cups water
1 cup chopped green pepper

Heat oven to 400°. Cook and stir ground beef in 10-inch skillet until light brown; drain. Stir in Potatoes, Sauce Mix and water. Heat to boiling; pour into ungreased 2-quart casserole. Cover and bake **25 minutes.** Stir in green pepper. Bake uncovered **5 minutes. 5 servings.**

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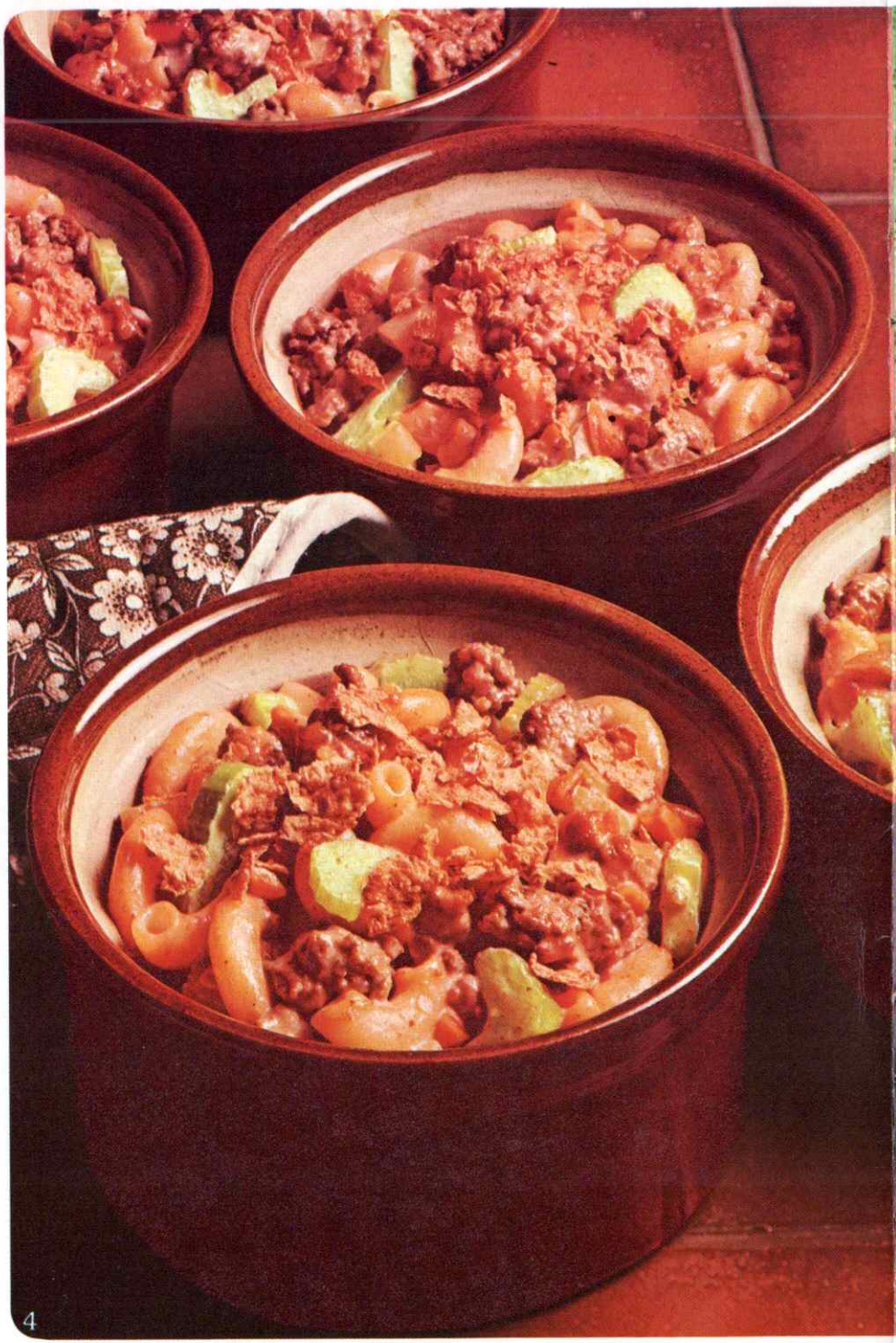
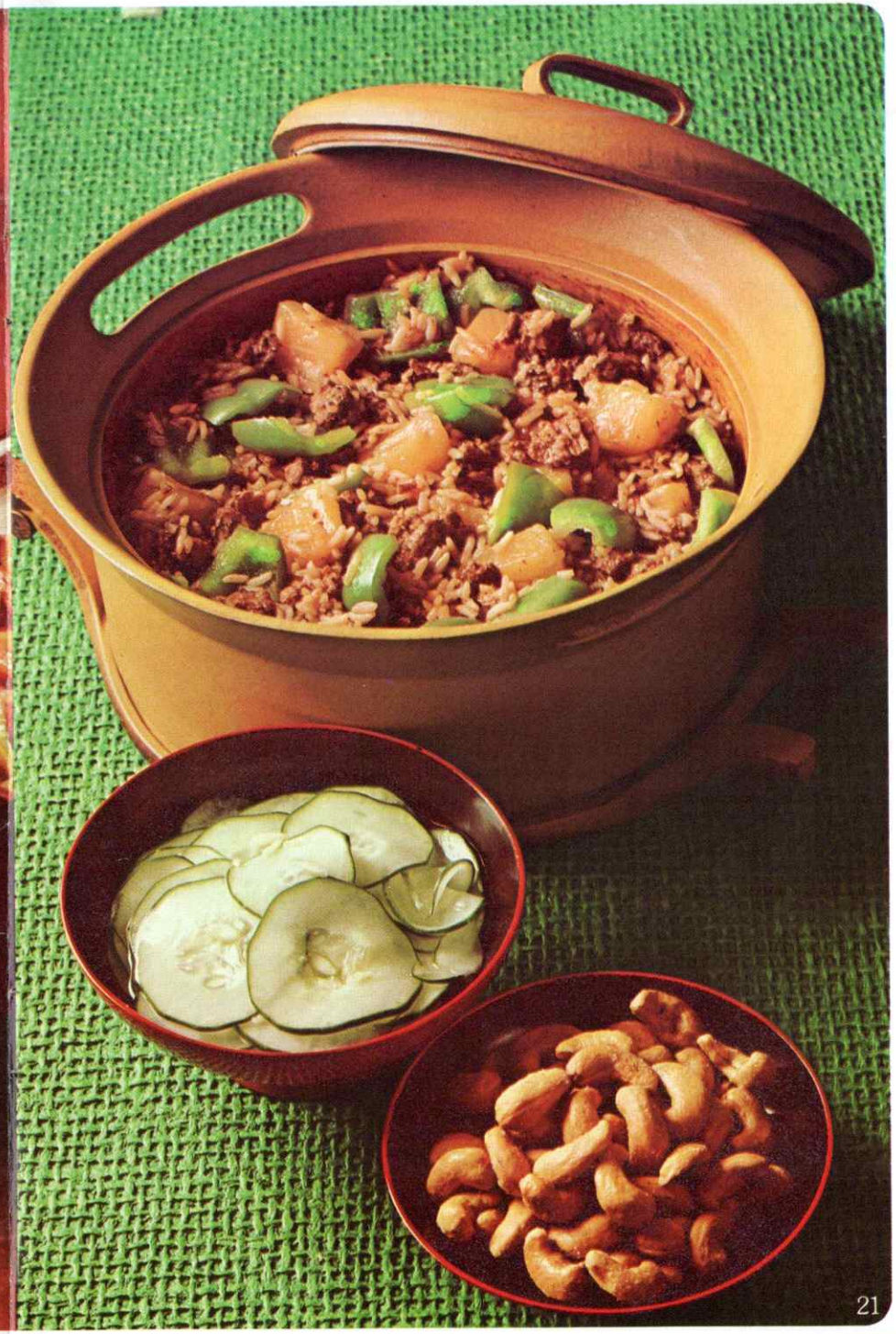




RICE ORIENTAL

Sweet 'n Sour Hamburger Casserole

Authentic sweet 'n sour flavors, delicious served with marinated cucumbers and cashews.

1 pound ground beef
1 package Hamburger Helper mix for rice Oriental
2½ cups hot water
1 can (13¼ ounces) pineapple chunks, drained (reserve syrup)
1 teaspoon soy sauce
1 medium green pepper, cut into chunks
Soy sauce, if desired

Heat oven to 400°. Brown ground beef in 2-quart casserole in oven, stirring occasionally; drain. Stir in Rice, Sauce Mix, water, reserved pineapple syrup and 1 teaspoon soy sauce. Cover and bake **30 minutes.** Stir in pineapple and green pepper. Bake uncovered **5 minutes.** Serve with soy sauce. **6 servings.**

Chow Mein Hot Dish

A popular family standby, topped with crisp chow mein noodles.

1 pound ground beef
1 package Hamburger Helper mix for rice Oriental
1 can (10¾ ounces) condensed cream of mushroom soup
2 cups water
1 to 3 teaspoons soy sauce
2 cups coarsely chopped celery
1 cup coarsely chopped onion
1 can (3 ounces) chow mein noodles (about 2½ cups)
Soy sauce, if desired

Heat oven to 400°. Brown ground beef in baking pan, 13x9x2 inches, in oven, stirring occasionally; drain. Reduce oven temperature to 350°. Stir in Rice, Sauce Mix, soup, water, 1 to 3 teaspoons soy sauce, the celery and onion. Bake uncovered **25 minutes.** Sprinkle with chow mein noodles. Bake **10 to 15 minutes.** Serve with soy sauce. **6 servings.**

With your Hamburger Helper oven casserole, serve salad, dessert and milk for an easy, appetizing, family meal. Salads might be tossed greens, cottage cheese and fruit, cabbage slaw or raw vegetable relishes. Desserts might be fresh fruit and cheese, ice cream and cookies or fruit gelatin.

To save energy in the kitchen, plan to serve a warm dessert that bakes at the same temperature as your casserole and can share oven space. Suggestions are baked custard, fruit cobblers, shortcakes or baked apples. Or treat your family to hot homemade biscuits or muffins for a special meal.

Sweet 'n Sour Hamburger Casserole, opposite

CHEESEBURGER MACARONI

Hot Cheeseburger Salad

Special enough for company — serve with a fruit platter and hot rolls.

1 package Hamburger Helper mix for cheeseburger macaroni
1 pound ground beef
2 cups thinly sliced celery
¾ cup mayonnaise or salad dressing
½ cup chopped toasted almonds or 1 can (8½ ounces) water chestnuts, drained and sliced, if desired
2 tablespoons lemon juice
½ cup crushed Wheaties® Country® corn flakes or Total® cereal (about 1 cup uncrushed)

Heat oven to 450°. Cook Macaroni in 6 cups boiling salted water (4 teaspoons salt) 8 minutes; drain. Cook and stir ground beef in 10-inch skillet until light brown; drain. Stir in macaroni, Sauce Mix, celery, mayonnaise, almonds and lemon juice. Divide among 6 ungreased individual baking dishes or pour into 1½-quart casserole; sprinkle with cereal. Bake uncovered **15 minutes. 6 servings.**

Triple Cheese Burger Casserole

Packed with protein for real cheese-fanciers.

1 pound ground beef
⅓ cup chopped onion
¼ cup chopped celery
1 package Hamburger Helper mix for cheeseburger macaroni
1 can (8 ounces) tomato sauce
1 package (3 ounces) cream cheese, cut into cubes and softened
1½ cups hot water
½ cup creamed cottage cheese
½ teaspoon salt
Tomato slices, if desired

Heat oven to 350°. Cook and stir ground beef, onion and celery in 10-inch skillet until beef is light brown; drain. Stir in Macaroni, Sauce Mix, tomato sauce, cream cheese, water, cottage cheese and salt. Heat to boiling; pour into ungreased 2-quart casserole. Arrange tomato slices on beef mixture. Cover and bake until macaroni is tender, **about 30 minutes. 5 or 6 servings.**

How to store ground beef: Refrigerate (at 36 to 40 degrees) unopened in original wrapping for no longer than two days. Freeze (at 0 degrees or lower), overwrapped with special freezer material, for no longer than three to four months. Thaw wrapped in refrigerator or brown it for casseroles from its frozen state.

Hot Cheeseburger Salad, opposite

CHEESEBURGER MACARONI

Layered Cheeseburger Casserole

Custardy, rich and cheesy-good.

1 package Hamburger Helper mix for cheeseburger macaroni
1 pound ground beef
½ cup chopped celery
¼ cup chopped onion
1 teaspoon seasoned salt
¼ teaspoon pepper
2½ cups milk
4 eggs
1 teaspoon dry mustard

Heat oven to 350°. Cook Macaroni in 6 cups boiling salted water (4 teaspoons salt) 8 minutes; drain. Cook and stir ground beef, celery and onion until beef is light brown; drain. Stir in seasoned salt and pepper.

Grease baking pan, 9x9x2 inches, or baking dish, 11¾x7½x1¾ inches. Spread macaroni in pan; top with beef mixture. Beat Sauce Mix and remaining ingredients. (Sauce Mix will be slightly lumpy.) Pour over beef mixture. Bake uncovered until knife inserted in center comes out clean, **40 to 50 minutes.** Let stand 5 minutes before serving. **6 to 8 servings.**

Spinach Burger Bake

Tantalizingly good — crunchy with toasted croutons.

1 package Hamburger Helper mix for cheeseburger macaroni
1 pound ground beef
1 package (10 ounces) frozen chopped spinach, thawed and drained
2 cups hot water
⅓ cup chopped walnuts, if desired
2 tablespoons parsley flakes
½ teaspoon salt
½ teaspoon garlic powder
1 cup seasoned croutons

Heat oven to 375°. Cook Macaroni in 6 cups boiling salted water (4 teaspoons salt) 8 minutes; drain. Cook and stir ground beef until light brown; drain. Mix beef, macaroni, Sauce Mix, spinach, water, walnuts, parsley, salt and garlic powder in ungreased 2-quart casserole; sprinkle with croutons. Bake uncovered **20 minutes. 5 servings.**

Be ready for company. Have Hamburger Helper and the ingredients for one of the recipes in this cookbooklet on hand. Use your prettiest casserole dish and let your oven do the cooking while you entertain your guests. To make dinner special, serve a salad or fruit cup as a first course, add hot biscuits or muffins from a mix and ice-cream sundaes for dessert.

Layered Cheeseburger Casserole, opposite

Mock Moussaka

Americanized version of a classic Greek dish.

1 pound ground beef
¼ cup finely chopped onion
1 can (8 ounces) tomato sauce
½ teaspoon salt
¼ teaspoon oregano
¼ teaspoon cinnamon
⅛ teaspoon garlic powder
1 package Hamburger Helper mix for potato Stroganoff
1 cup grated Parmesan cheese
2 cups milk
1 cup water
2 eggs, beaten
Paprika
Twisted lemon slices and parsley sprigs, if desired

Heat oven to 375°. Cook and stir ground beef and onion in 10-inch skillet until beef is light brown; drain. Stir in tomato sauce, salt, oregano, cinnamon and garlic powder.

Grease baking dish, 11¾x7½x1¾ inches. Layer half each of the Potatoes, beef mixture and cheese in dish; repeat. Mix Sauce Mix, milk and water; stir in eggs gradually. Pour milk-egg mixture over cheese; sprinkle with paprika. Cover and bake **50 minutes.** Uncover and bake **10 minutes.** Let stand 10 minutes before serving. Garnish with lemon slices and parsley sprigs. **6 servings.**

Hamburger Potato Pie

1 pound ground beef
¼ cup chopped onion
1 package Hamburger Helper mix for potato Stroganoff
2¼ cups hot water
1 tablespoon Worcestershire sauce
2 cups Bisquick baking mix
½ cup water
1 egg, slightly beaten

Heat oven to 375°. Cook and stir ground beef and onion in 10-inch skillet until beef is light brown; drain. Stir in Potatoes, Sauce Mix, 2¼ cups water and the Worcestershire sauce. Heat to boiling, stirring constantly; reduce heat. Simmer uncovered while preparing pie crust.

Stir baking mix and ½ cup water to a soft dough; beat vigorously 20 strokes. Gently smooth dough into a ball on floured cloth-covered board. Knead 5 times. Divide dough in half. Roll 1 half 2 inches larger than inverted 9-inch pie plate. Ease into plate; trim edge. Roll other half 2 inches larger than inverted pie plate. Fill crust with beef and potato mixture; cover with top crust. Trim, seal and flute edge. Brush pastry with egg. Bake uncovered until golden brown, **about 40 minutes.** Let stand 10 minutes before serving. **5 servings.**

Oven German Potato Salad

1 pound ground beef
½ cup chopped onion
3 slices bacon
2 tablespoons flour
2 tablespoons sugar
½ teaspoon celery seed, if desired
3 cups boiling water
⅓ cup vinegar
1 package Hamburger Helper mix for potato Stroganoff

Cook and stir ground beef and onion in 10-inch skillet until beef is light brown; drain. Fry bacon until crisp; drain on paper towels. Reserve bacon drippings.

Heat oven to 350°. Stir flour, sugar and celery seed into bacon drippings. Cook over low heat, stirring constantly, until bubbly; remove from heat. Stir in water and vinegar. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in Potatoes, Sauce Mix and beef. Crumble bacon; stir into beef mixture. Pour into ungreased 2½-quart casserole or baking dish, 11¾x7½x1¾ inches. Cover and bake until potatoes are tender, **about 1 hour. 5 or 6 servings.**

Mock Moussaka, opposite

Hamburger Helper
ADD TO 1 LB. HAMBURGER
NOW! Makes
POTATO STROGANOFF

Savory Stuffed Peppers and Saucy Bean Bake

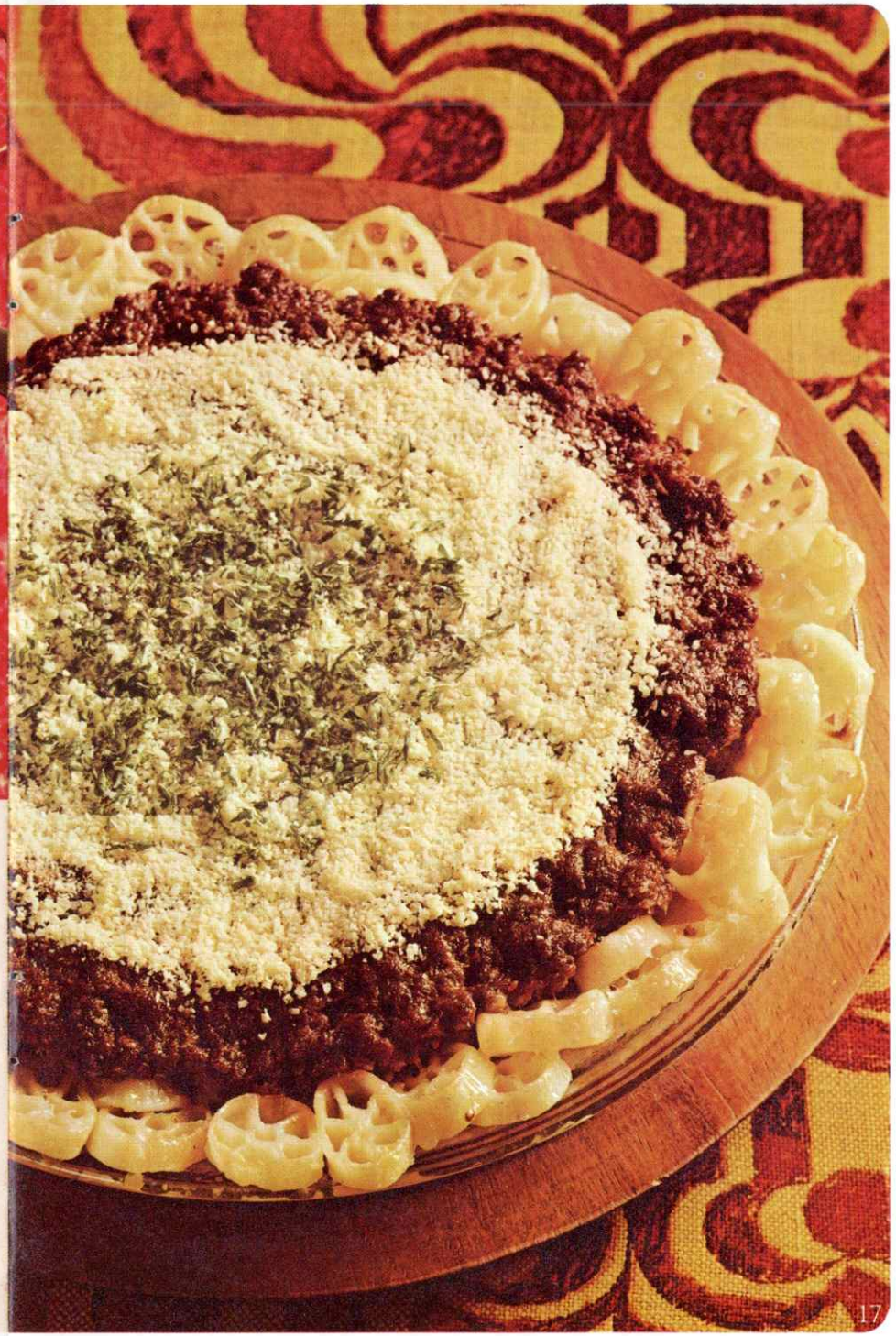
CHILI TOMATO

Chili Pot Pie

1 pound ground beef
1 cup sliced celery
½ cup chopped green pepper
1 package **Hamburger Helper** mix for chili tomato
3 cups hot water
1 teaspoon prepared mustard
1 cup Bisquick® baking mix
¼ cup cold water

Heat oven to 450°. Cook and stir ground beef, celery and green pepper in 10-inch skillet until beef is light brown; drain. Stir in Macaroni, Sauce Mix, water and mustard. Heat to boiling; reduce heat. Simmer uncovered 5 minutes.

Stir baking mix and water to a soft dough; beat vigorously 20 strokes. Pour beef mixture into ungreased 2-quart casserole. Drop dough by 6 spoonfuls onto hot beef mixture. Bake uncovered until biscuits are golden brown, **about 15 minutes. 5 servings.**



HAMBURGER PIZZA DISH

Meat Pie in Macaroni Crust

An appetizing surprise with a tender pasta crust.

1 package Hamburger Helper mix for hamburger pizza dish
1 cup creamed cottage cheese
¼ cup grated Parmesan cheese
¼ cup butter or margarine
1 pound ground beef
½ cup dry bread crumbs
½ cup water
1 egg
1 tablespoon Worcestershire sauce
1 teaspoon onion powder
½ teaspoon garlic powder
¼ cup grated Parmesan cheese
Snipped parsley or parsley flakes

Heat oven to 350°. Cook Macaroni in 6 cups boiling salted water (4 teaspoons salt) 15 minutes; drain. Mix macaroni, cottage cheese, ¼ cup Parmesan cheese and the butter. Press macaroni mixture firmly and evenly against bottom and side of ungreased 9-inch pie plate.

Mix Sauce Mix, ground beef, bread crumbs, water, egg, Worcestershire sauce, onion powder and garlic powder. Spread beef mixture evenly in macaroni crust; sprinkle with ¼ cup Parmesan cheese. Sprinkle parsley on center of pie. Bake uncovered **40 minutes.** Let stand 10 minutes before serving. **5 servings.**

Hamburger Pizza Oven Stew

Pizza-loving families will enjoy this with crunchy breadsticks.

1 pound ground beef
1 package Hamburger Helper mix for hamburger pizza dish
1 can (16 ounces) whole tomatoes (with liquid), broken up
1 can (10½ ounces) condensed beef broth
3 cups boiling water
1 cup thinly sliced celery
1 cup thinly sliced carrots
1 tablespoon parsley flakes
1 tablespoon Worcestershire sauce

Heat oven to 425°. Cook and stir ground beef until light brown; drain. Pour into ungreased 3-quart casserole. Stir in Macaroni, Sauce Mix and remaining ingredients. Cover and bake, stirring occasionally, until carrots and celery are tender, **about 1 hour. 5 servings.**

Cheese 'n Mushroom Pizza Casserole

1 pound ground beef
1 package Hamburger Helper mix for hamburger pizza dish
1 jar (2½ ounces) sliced mushrooms
5 green pepper rings, if desired
2½ cups hot water
¼ cup grated Parmesan cheese

Heat oven to 350°. Cook and stir ground beef in 10-inch skillet until light brown; drain. Stir in Sauce Mix and mushrooms (with liquid). Layer half each of the Macaroni and beef mixture in ungreased 2-quart casserole; repeat. Top with green pepper rings; pour water over top. Cover and bake **50 minutes.** Sprinkle with cheese. Bake uncovered until golden brown, **about 5 minutes. 5 servings.**

Meat Pie in Macaroni Crust, opposite

Saucy Bean Bake

Easy, economical way to give your family extra protein.

1 pound ground beef
1 package Hamburger Helper mix for chili tomato
3 cups hot water
1 can (28 ounces) baked beans
1 can (17 ounces) lima or butter beans
2 tablespoons brown sugar (packed)
2 teaspoons salt
¼ teaspoon pepper
¼ teaspoon dry mustard

Heat oven to 400°. Cook and stir ground beef in Dutch oven until light brown; drain. Stir in Macaroni, Sauce Mix and water. Heat to boiling, stirring constantly; reduce heat. Cover and simmer 5 minutes.

Pour beans (with liquid) into beef-macaroni mixture. Stir in remaining ingredients. Cover and bake **40 minutes.** Uncover and bake until desired consistency, **5 to 10 minutes. 8 to 10 servings.**

Savory Stuffed Peppers

5 large or 6 medium green peppers
1 pound ground beef
1 package Hamburger Helper mix for chili tomato
3 cups hot water
Snipped parsley or parsley flakes, if desired

Heat oven to 350°. Cut thin slice from stem end of each green pepper. Remove seeds and membranes; wash insides and outsides. Cook peppers in boiling salted water 5 minutes. Remove peppers; drain on paper towels.

Cook and stir ground beef in 10-inch skillet until light brown; drain. Stir in Macaroni, Sauce Mix and water. Heat to boiling, stirring constantly; reduce heat. Cover and simmer 10 minutes.

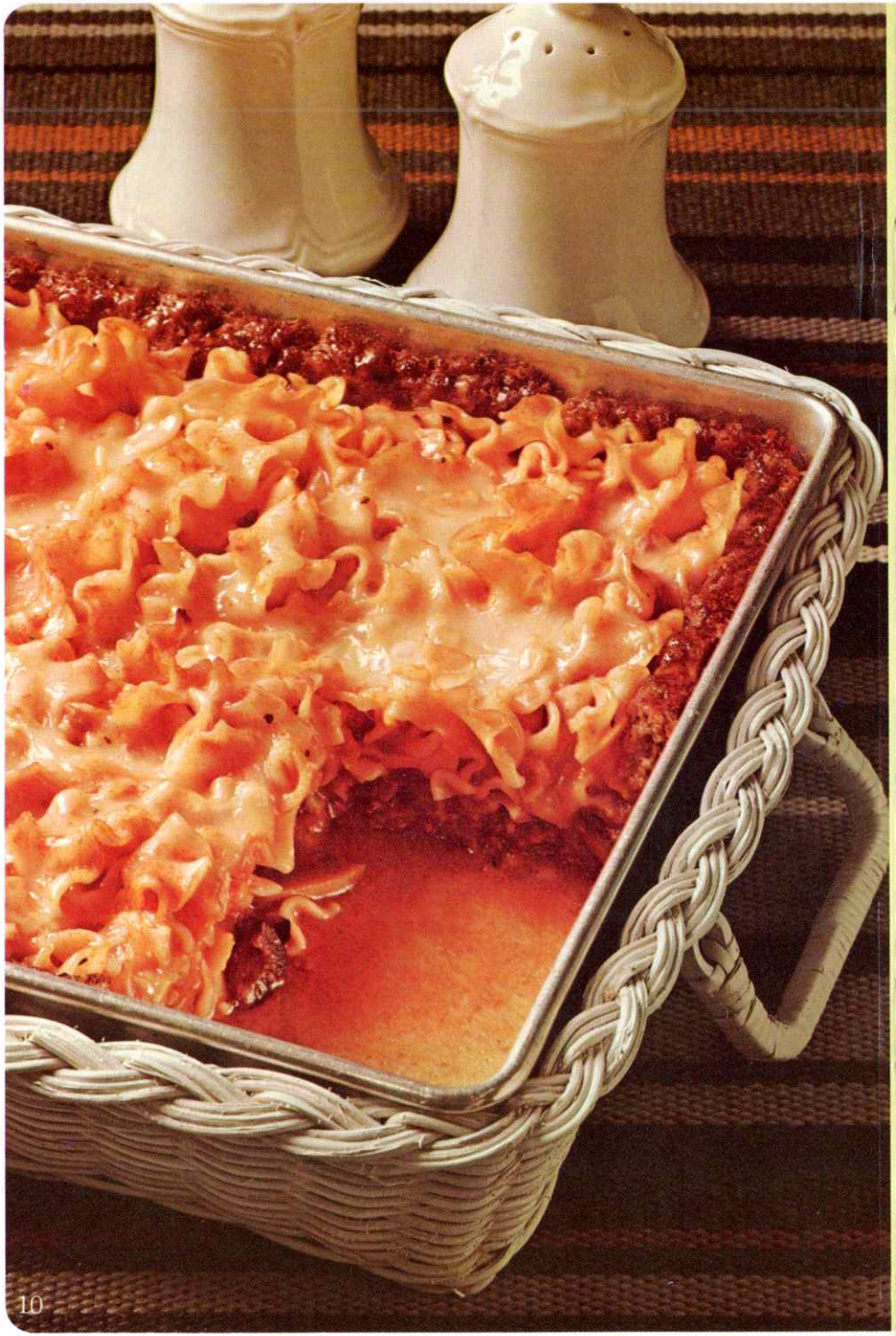
Place peppers cut sides up in ungreased baking pan, 9x9x2 inches, or baking dish, 11¾x7½x1¾ inches. Spoon beef mixture into peppers. Cover and bake **25 minutes.** Garnish with parsley. **5 or 6 servings.**

Texas Chili with Corn Bread Topping

1 pound ground beef
½ cup chopped onion
1 package Hamburger Helper mix for chili tomato
1 can (15½ ounces) kidney beans
3 cups hot water
2 to 3 teaspoons chili powder
⅔ cup Bisquick baking mix
⅓ cup yellow cornmeal
¼ cup shredded Cheddar cheese
¼ cup milk
1 egg
1 tablespoon yellow cornmeal, if desired

Heat oven to 450°. Cook and stir ground beef and onion in 10-inch skillet until beef is light brown and onion is tender; drain. Stir in Macaroni, Sauce Mix, beans (with liquid), water and chili powder. Heat to boiling; reduce heat. Simmer uncovered 5 minutes.

Stir baking mix, ⅓ cup cornmeal, the cheese, milk and egg vigorously until well blended. Pour beef mixture into ungreased 3-quart casserole. Drop dough by spoonfuls around edge of casserole; sprinkle with 1 tablespoon cornmeal. Bake uncovered until golden brown, **about 15 minutes. 5 or 6 servings.**



Golden Cheese Meat Pie

In a delicious, cheese-rich pastry.

- 1 package **Hamburger Helper** mix for hamburger stew
- 1 pound ground beef
- ½ cup chopped onion
- 1 can (10¾ ounces) condensed cream of mushroom soup
- ½ cup water
- 1 package (11 ounces) Betty Crocker® pie crust sticks or mix
- 1 cup shredded Cheddar cheese (about 4 ounces)
- 1 egg, slightly beaten

Pour enough boiling water on Potatoes to cover. Let stand 5 minutes; drain. Cook and stir ground beef and onion in 10-inch skillet until beef is light brown and onion is tender; drain. Stir in Sauce Mix, soup and water. Heat to boiling; reduce heat. Simmer uncovered, stirring occasionally, 5 minutes.

Prepare pastry as directed on package for Two-Crust Pie except — stir in cheese with the water. Knead lightly until pastry forms a smooth ball, 10 to 15 times. Divide pastry in half; shape into 2 flattened rounds. Roll 1 round into 13-inch circle on floured cloth-covered board with floured stockinet-covered rolling pin. Place on ungreased 12-inch pizza pan or baking sheet. Spread potatoes evenly over pastry; spread beef mixture evenly over potatoes.

Heat oven to 400°. Roll other round into 13-inch circle; cut slits in pastry. Fit pastry over beef mixture; trim, seal and flute edge. Brush pastry with egg. Bake until golden brown, **about 25 minutes. 6 servings.**

Meatball-Tomato Casserole

- 1 pound ground beef
- ¼ cup chopped onion
- ⅓ cup dry bread crumbs
- ¼ cup milk
- 1 egg
- 1 teaspoon salt
- 1 teaspoon Worcestershire sauce
- ⅛ teaspoon pepper
- 1 tablespoon vegetable oil
- 1 package **Hamburger Helper** mix for hamburger stew
- 3 cups hot water
- 1 can (16 ounces) stewed tomatoes
- 2 stalks celery, cut into 1-inch pieces

Heat oven to 400°. Mix ground beef, onion, bread crumbs, milk, egg, salt, Worcestershire sauce and pepper. Shape mixture by tablespoonfuls into 1½-inch balls. Brown meatballs in oil in 10-inch skillet; drain. Stir in Potatoes, Sauce Mix and remaining ingredients. Heat to boiling, stirring constantly; pour into ungreased 2½-quart casserole. Cover and bake until potatoes are tender, **50 to 60 minutes. 5 servings.**

Hamburger-Cabbage Stew with Biscuit Topping

Good farm-style eating with tender drop biscuits.

- 1 pound ground beef
- 1 medium onion, thinly sliced
- ½ cup chopped celery
- 1 package **Hamburger Helper** mix for hamburger stew
- 1 can (16 ounces) whole tomatoes
- 3 cups hot water
- 2 cups coarsely shredded cabbage
- 1 tablespoon lemon juice
- 1 teaspoon salt
- ¼ teaspoon marjoram
- 1 cup Bisquick baking mix
- ⅓ cup milk

Heat oven to 425°. Cook and stir ground beef, onion and celery in 10-inch skillet until beef is light brown; drain. Stir in Potatoes, Sauce Mix, tomatoes (with liquid), water, cabbage, lemon juice, salt and marjoram. Heat to boiling, stirring constantly; pour into ungreased 3-quart casserole. Cover and bake **45 minutes.**

Stir baking mix and milk to a soft dough. Drop dough by spoonfuls onto hot stew. Bake uncovered until biscuits are golden brown, **about 10 minutes. 5 servings.**

Golden Cheese Meat Pie and Meatball-Tomato Casserole, opposite

LASAGNE

Lasagne Meat Pie

- 1 package **Hamburger Helper** mix for lasagne
- 1 pound ground beef
- ⅓ cup dry bread crumbs
- 1 egg
- 1 teaspoon salt
- ½ teaspoon oregano
- 1 can (4 ounces) mushroom stems and pieces
- ¼ cup sliced pitted ripe olives
- 1 cup hot water
- ½ teaspoon Italian seasoning, if desired
- 1 cup shredded mozzarella cheese (about 4 ounces)

Heat oven to 400°. Cook Macaroni in 6 cups boiling salted water (4 teaspoons salt) 8 minutes; drain. Mix ⅓ cup of the Sauce Mix, the ground beef, bread crumbs, egg, salt and oregano. Press beef mixture firmly and evenly against bottom and side of ungreased 2-quart casserole or baking pan, 9x9x2 inches.

Sprinkle mushrooms (with liquid) and olives over beef crust. Mix macaroni, remaining Sauce Mix, the water and Italian seasoning; pour over mushrooms and olives. Sprinkle with cheese. Bake uncovered **25 minutes. 6 servings.**

Minestrone Casserole

Hearty with the mingled flavors of corn, tomato and celery.

- 1 pound ground beef
- ½ cup chopped onion
- 1 clove garlic, finely chopped
- 1 package **Hamburger Helper** mix for lasagne
- 1 can (17 ounces) whole kernel corn
- 1 can (16 ounces) whole tomatoes
- 1 cup sliced celery
- 1 cup water
- 2 teaspoons salt
- ½ teaspoon Italian seasoning
- Grated Parmesan cheese, if desired

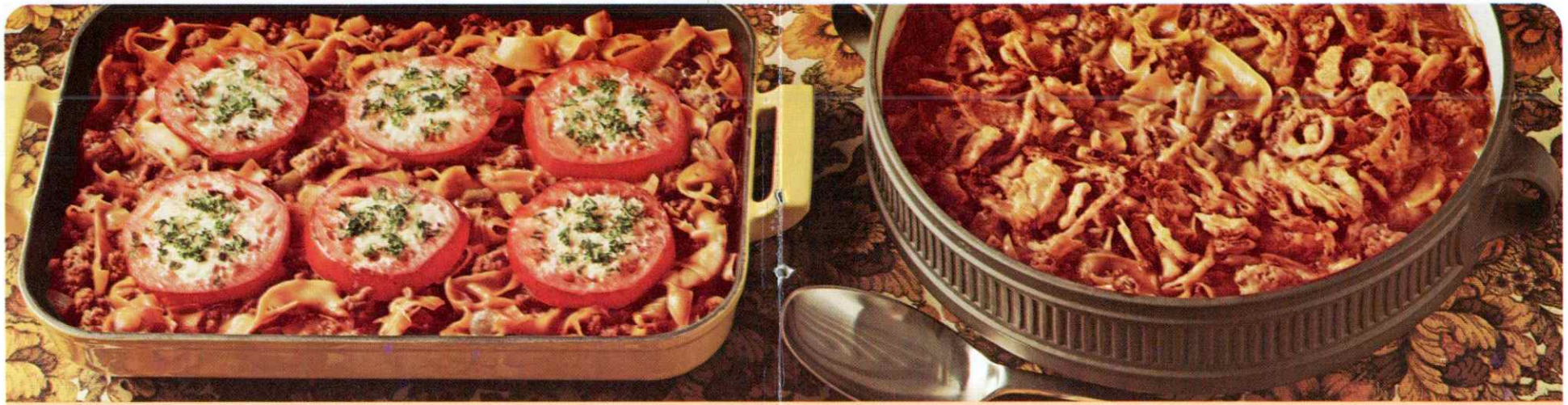
Heat oven to 400°. Cook and stir ground beef, onion and garlic in Dutch oven until beef is light brown; drain. Stir in Macaroni, Sauce Mix, corn (with liquid), tomatoes (with liquid), celery, water, salt and Italian seasoning; break up tomatoes. Cover and bake **45 minutes.** Serve with cheese. **6 servings.**

Italiano Casserole

- 1 pound ground beef
- 1 package **Hamburger Helper** mix for lasagne
- 2½ cups hot water
- 1 can (16 ounces) cream-style corn
- ½ cup chopped green pepper
- ¼ cup sliced pitted ripe olives
- ½ teaspoon salt
- ⅛ teaspoon garlic powder
- ⅛ teaspoon pepper
- Dash of red pepper sauce
- 1 cup shredded American or Cheddar cheese (about 4 ounces)

Heat oven to 400°. Cook and stir ground beef in 10-inch skillet until light brown; drain. Stir in Macaroni, Sauce Mix and water. Heat to boiling. Stir in corn, green pepper, olives, salt, garlic powder, pepper and pepper sauce; pour into ungreased 2-quart casserole. Sprinkle with cheese. Cover and bake until bubbly and cheese is melted, **about 30 minutes. 6 servings.**

Lasagne Meat Pie, opposite



California Garden Casserole and Hamburger-Green Bean Deep Dish

BEEF NOODLE

California Garden Casserole

- 1 pound ground beef
- ¼ cup chopped green pepper
- ¼ cup chopped onion
- ¼ cup chopped celery
- 1 package **Hamburger Helper** mix for beef noodle
- 2½ cups hot water
- Tomato slices
- Grated Parmesan cheese
- Snipped parsley or parsley flakes

Heat oven to 425°. Cook and stir ground beef, green pepper, onion and celery in 10-inch skillet until beef is light brown; drain. Stir in Noodles, Sauce Mix and water. Heat to boiling; pour into ungreased baking dish, 11¾x7½x1¾ inches, or 1½-quart casserole. Cover and bake **15 minutes.** Place tomato slices on beef mixture; sprinkle with cheese and parsley. Bake uncovered **10 minutes. 5 or 6 servings.**

Beef Stroganoff Casserole

With all the good sour cream-and-mushroom flavor of the famous original.

- 1 pound ground beef
- ½ cup chopped onion
- 1 package **Hamburger Helper** mix for beef noodle
- 2½ cups hot water
- 1 cup dairy sour cream
- 1 can (4 ounces) mushroom stems and pieces
- Snipped parsley or parsley flakes, if desired

Heat oven to 450°. Cook and stir ground beef and onion in 10-inch skillet until beef is light brown; drain. Stir in Noodles, Sauce Mix, water, sour cream and mushrooms (with liquid). Heat to boiling; pour into ungreased 2-quart casserole. Cover and bake **15 minutes.** Sprinkle with parsley. **5 servings.**

Hamburger-Green Bean Deep Dish

Generously topped with crunchy French fried onions.

- 1 pound ground beef
- 1 package **Hamburger Helper** mix for beef noodle
- 1 cup hot water
- 1 can (16 ounces) French-style green beans
- 1 can (16 ounces) bean sprouts, drained, if desired
- 1 can (10¾ ounces) condensed cream of celery soup
- 1 can (3 ounces) French fried onions

Heat oven to 400°. Cook and stir ground beef in 10-inch skillet until light brown; drain. Stir in Noodles, Sauce Mix and water. Heat to boiling; pour into ungreased 3-quart casserole or baking dish, 13½x8¾x1¾ inches. Stir in beans (with liquid), bean sprouts and soup. Cover and bake **15 minutes.** Sprinkle with onions. Bake uncovered **10 minutes. 5 or 6 servings.**

Beef Oriental

See cover picture.

- 1 pound ground beef
- ⅓ cup dry bread crumbs
- ¼ cup milk
- 1 egg
- 1½ teaspoons seasoned salt
- 1 package **Hamburger Helper** mix for beef noodle
- 2½ cups boiling water
- 1 tablespoon soy sauce
- 1½ teaspoons molasses
- 1 medium green pepper, cut into ½-inch strips
- 1 medium tomato, cut into eighths

Heat oven to 425°. Mix ground beef, bread crumbs, milk, egg and seasoned salt thoroughly. Shape mixture by tablespoonfuls into 1½-inch balls. Place in ungreased jelly roll pan, 15½x10½x1 inch. Bake until done, **about 10 minutes.**

Mix Noodles, Sauce Mix, water, soy sauce and molasses in 2-quart casserole. Cover and bake **15 minutes.** Remove from oven; stir to distribute noodles. Stir in green pepper, tomato and meatballs gently. Bake uncovered **10 minutes. 6 servings.**